

March is National Nutrition Month® 2015



“The 2015 Theme for National Nutrition Month® “Bite into a Healthy Lifestyle” encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health. “

Tips to Bite into A Healthy Lifestyle!

1. Add Color to your salads with baby or shredded carrots, grape tomatoes, green and red peppers, mushrooms and onions.
2. Make fruit your dessert a parfait use low-fat plain yogurt blue berries, strawberries, chopped nuts, and or granola.
3. Balance Calories to manage your weight: Developing an overall healthy eating pattern with physical activity will put you on the road to a healthy weight.